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Thought for Today by Mrs. Robert M. Lafollette.

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A Pair of Scales.

THE flesh habit is only one phase of bodily proportion. But it is the most obvious and is the one that the most people are interested in overcoming. There are those who philosophically accept the tendency to increase in weight as inevitable. Others, constantly fret and fume about it, without making an intelligent effort for its mastery.

Where the accumulation is gradual the individual does not usually suffer so much from the sense of incumbrance, as from an uncomfortable personal self-consciousness. The incentive to prevent and to get rid of flesh is, therefore, more often a desire to improve the appearance than fear of its effect on the health.

But disproportionate weight is an insidious enemy of good health and abounding vitality. It not only destroys bodily youthfulness and symmetry; it tends slowly perhaps, but surely, to physical deterioration. The chief medical director of a New York life insurance company says that, after 25 years of age, even a moderate degree of overweight is unfavorable to health and mortality. Excessive weight, whether it be of fat or muscle, is not a storehouse of reserve strength, as commonly supposed; if it is muscle, it is a burden that has to be nourished; if it is fat it markedly interferes with nutrition and function.

Those who do not wish to become stout and those who desire to reduce their flesh should begin with buying a pair of scales. They need not be expensive. They should be conveniently placed, and hanging near should be a calendar with a pencil attached. Weigh on getting up in the morning and before going to bed at night, and keep a record for two or three weeks before attempting to reduce the weight. This gives the basis for reliable experiment of which I shall speak another time.

When You Are Married

The Hopeless Quest.

UP TO five weeks ago I thought that the flavor of orange blossoms, white satin and the wedding march drifted through all one's married life as a sort of motif around which the daily, uninteresting events revolved rather ...

... side of the sill nearly sent me into a fit of hysterics! She was dressed in a black velvet suit; black satin pumps with Louis Quinze heels adorned her anything but dainty feet, and over her shoulders was thrown a scarf of near-ermine.

In one hand she carried an oilcloth-covered grip and in the other a huge bandbox with a glaring design of red ...

Their Compromise.

WOMAN IN LOVE MAY GIVE A HINT OR TAKE ONE, BUT PROPOSE? OLD DAME NATURE FORBIDS IT

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Will Never Permit Woman "to Take Advantage of Man's Timid, Clinging Nature"

By Nixola Greeley-Smith.

MAY BE A FEW CASES, AS THERE ALWAYS HAVE BEEN.

DAME NATURE CAN BE TRUSTED TO SAVE SHRINKING MAN.

Fables of ∴ Everyday Folks

By Sophie Irene Loeb.

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The Little Kitchen Lady.

SOPHIE IRENE LOEB

MORAL: TOO MUCH KITCHEN SPOILS THE BROTH OF LIFE!

Why People Dream and What Their Dreams Mean

Up-to-Date.

Sammy and the Subway; the Quest of a Seat

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By Clare Victor Dwiggins

ON THE SPUR OF THE MOMENT

By ROY K. MOULTON.

FROM THE HICKSVILLE CLARION.

Great Moments in War, Told by Living Generals

By PHILIP R. DILLON

Gen. George L. Gillespie and Sheridan's Flag.

Vanished

BY BERTON BRALEY

Where is that little German band that used to tramp the street?

'MOST ANYTHING

FRIENDS.

IT'S POSSIBLE—

"BACK NUMBERS."

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